In This Issue:
• Upcoming Events
• Mid-semester help and courses
• Diversity Week
• Dates to Remember
• Student Orgs.

October Events:

Pizza and Programs “Green Dot”
When: Oct. 9, Noon - 1 p.m.
Where: Commuter Lounge

Bowling Party
When: Oct. 23, Noon - 2:00 p.m.
Where: Mountainlair

Halloween Party
When: Oct. 30, Noon - 2 p.m.
Where: Commuter Lounge

Green Dots for College Students
- Believe that rape, dating violence and stalking is unacceptable and say it out loud
- Understand that men can be victims too
- Use social networking sites to talk about green dots
- Ask friends to do their part
- Organize a training for your student group
- Be a knowledgeable resource for victims
- Look out for friends at parties
- Learn to intervene in high risk situations
- Explore prevention websites
- Wear or display green dot gear
- Write a paper on violence prevention
- Add “green dot supporter” on your email signature line

What is the Green Dot Program?
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Programs and Pizza</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Fall Break</td>
<td>No Class</td>
<td>Mid-Semester Help Center</td>
<td></td>
<td></td>
<td></td>
<td>WVU v. Texas Tech</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Bowling Party</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Halloween Party</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

October 2013
It’s almost mid-semester??

Crazy how time flies, huh? Mid-Semester will be here before you know it, which means midterms will be here before you know it! While midterm can be very stressful, if you prepare for the, everything should be just fine! Make sure to get rest, stay focused, and study often! If you feel lost or behind in a class or not prepared, don’t forget about the amazing resources our school has to offer such as tutoring, academic resource centers, libraries, and me! I always find it helpful to make time to do a stress-relieving activity during a stressful time. So I will go to on a run or do an exercise class at the Student Rec. Center to clear my head. Study hard, good luck!

Brittany

Tips for studying:
1.) ALWAYS attend class!
2.) DON’T be afraid to ask questions if you don’t understand something!
3.) DON’T wait until the last minute to do something!
4.) Find the METHOD that works for you – flash cards, study groups, study guides, etc.
5.) MANAGE YOUR TIME wisely! Prioritize what courses need more time or attention.

Academic Resources:

Need tutoring?

- Academic Resources Center has locations in the Downtown Library, Brooke Tower, and WVUp All Night. They offer tutoring in Math, Bio, Chem, Geology, Physics, and Statistics.
- You can also find tutoring at the Math Learning Center, Chem Learning Center, Writing Center, Term Paper Clinic, and other tutoring centers. Just go to http://retention.wvu.edu/academic_resource_centers
GREEN DOT

WELLWVU Office of Wellness and Health Promotion is excited to offer a new violence prevention program at WVU called Green Dot. Based on cutting edge research, Green Dot aims to train students to intervene in situations that are likely to result in power-based personal violence, such as rape, stalking, bullying and partner violence.

When: Wednesday, Oct. 9, 2013
Time: 12:00 p.m.– 1:00 p.m.
Where: Commuter Student Lounge, Purinton House
Free Pizza!
Want to contribute positively to the community while also contributing positively to your resume??

Sign up with iServe!

What is iServe?
iServe is a free web-based tool for matching WVU students, faculty, and staff with the various needs and interests of community organizations for mutually beneficial experiences.
For WVU students, faculty, and staff: iServe provides an all-inclusive search engine to identify opportunities and an electronic logbook for recording your service hours. Whether you are looking to fulfill a requirement for a major or student organization, find a placement for a service learning course, or just get involved in your community, this site will fulfill your need.

Visit the Center for Service and Learning Websites for more information about volunteerism! This site will also help you explore various community services opportunities and so much more! http://service.wvu.edu/

Examples of Community Service Opportunities
- Amizade Outreach Volunteer
- Animal House Field Helper
- Backpack Snack Program
  Volunteer Opportunity
- Lovie Quilt Program
- Mentor Clients
- CASA Volunteer
- Family Activity
- Food Pantry Assistance
- Hospice Care Bingo
- Meals To Go
- Mountaineers Recycle